







| Sunday                                                                                                                                                                                                                              | Monday                                                                                          | Tuesday                                                                                                                        | Wednesday                                                                                                              | Thursday                                                                                                                                                                | Friday                                                                                                                                           | Saturday                                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>March 2018</b><br/><b>EMMITSBURG</b></p> <p><a href="mailto:Lumbel@frederickcountymd.gov">Lumbel@frederickcountymd.gov</a> 301-600-6350</p> |                                                                                                 |                                                                                                                                |                                                                                                                        | <p>1<br/><b>Strength Training @ 10</b><br/><b>Nutritious Options</b><br/><b>Cards games &amp; puzzles</b></p>                                                           | <p>2<br/><b>Chair Exercise @ 10</b><br/><b>Trivia &amp; word games @ 11</b><br/><b>Food Distribution @ 1pm @ FSC</b></p>                         | <p>3<br/><b>Towson Nursing Students will be doing BPs. and Health Talk on Tues. the 13<sup>th</sup></b></p>                                                           |
| <p>4<br/><b>Bowling is at the Thunderhead lanes in Taneytown</b></p>                                                                                                                                                                | <p>5<br/><b>Bowling group leaves @12:30 from center</b><br/><br/><b>Art class 1:30-3pm</b></p>  | <p>6<br/><b>Strength Training @ 10</b><br/><br/><b>Trivia @ 11</b><br/><br/><b>Puzzles &amp; games</b></p>                     | <p>7<br/><b>Stretch &amp; Bend Exercise @10</b><br/><br/><b>Pickle Ball 1-2pm</b><br/><b>Bridge @12</b></p>            | <p>8<br/><br/><b>Strength Training @ 10</b><br/><b>Cards games &amp; puzzles</b></p> | <p>9<br/><b>Chair Exercise @ 10</b><br/><br/><b>Canasta @ 12</b><br/><br/><b>Tai Chi 1-2pm</b></p>                                               |                                                                                    |
| <p>11<br/><b>Wii Mon-Fri. 10-2</b></p> <p>Daylight Saving Time Begins</p>                                                                                                                                                           | <p>12<br/><b>Bowling group leaves @12:30 from center</b><br/><br/><b>Art class 1:30-3pm</b></p> | <p>13<br/><b>Strength Training @ 10</b><br/><b>MAP-Diane Fox</b><br/><b>Seniors Property Tax &amp; Renters Tax Credits</b></p> | <p>14<br/><b>Stretch &amp; Bend Exercise @10</b><br/><b>Pickle Ball 1-2pm</b><br/><b>Cards games &amp; puzzles</b></p> | <p>15<br/><b>Strength Training @ 10</b><br/><b>Special Meal !!</b><br/><b>Cards games &amp; puzzles</b></p>                                                             | <p>16<br/><b>Chair Exercise @ 10</b><br/><b>Games @ 11</b><br/><br/><b>Canasta @ 12</b><br/><b>Tai Chi 1-2pm</b></p>                             | <p>Everyone's Irish On March 17th.</p>                                             |
| <p>18<br/><b>What about Vitamins? Questions &amp; Answers</b><br/><b>Tuesday Mar, 6<sup>th</sup></b></p>                                                                                                                            | <p>19<br/><b>Bowling group leaves @12:30 from center</b><br/><br/><b>Art class 1:30-3pm</b></p> | <p>20<br/><b>Strength Training @ 10</b><br/><b>BPs with Nurse Steve &amp; Top 15 Health issues for Older Adults</b></p>        | <p>21<br/><b>Stretch &amp; Bend Exercise @10</b><br/><b>Pickle Ball 1-2pm</b><br/><b>Bridge @ 12</b></p>               | <p>22<br/><b>The Center will be closed</b><br/><b>We will be attending PJ Party in Urbana</b></p>                                                                       | <p>23<br/><b>Chair Exercise @ 10</b><br/><b>Canasta @ 12</b><br/><br/><b>Puzzles &amp; games</b><br/><b>Tai Chi 1-2pm</b></p>                    |  <p><b>Montpelier Mansion Fri., Mar 9<sup>th</sup> \$30.00 person + lunch</b></p> |
|  <p>Palm Sunday</p>                                                                                                                               | <p>26<br/><b>Bowling group leaves @12:30 from center</b><br/><br/><b>Art class 1:30-3pm</b></p> | <p>27<br/><b>Strength Training @ 10</b><br/><br/><b>Trivia @ 11</b><br/><br/><b>Puzzles &amp; games</b></p>                    | <p>28<br/><b>Stretch &amp; Bend Exercise @10</b><br/><b>Pickle Ball 1-2pm</b><br/><b>Cards games &amp; puzzles</b></p> | <p>29<br/><b>Strength Training @ 10</b><br/><br/><b>Cards games &amp; puzzles</b></p>                                                                                   | <p>30<br/><b>Chair Exercise @ 10</b><br/><b>Canasta @ 12</b><br/><br/><b>Puzzles &amp; games</b><br/><b>Tai Chi 1-2pm</b></p> <p>Good Friday</p> | <p>31<br/><b>Maple Sugaring Friday Mar. 16<sup>th</sup> \$25.00 person bring lunch money</b></p>                                                                      |